MELASMA: TIPS FOR MANAGING

Tips to make melasma less noticeable

Melasma is a common skin problem that causes brown to gray-brown patches on the face. Although the exact causes of melasma are unclear, common triggers include sun exposure, pregnancy, birth control pills, and cosmetics.

If you have melasma, dermatologists recommend the following tips for achieving a more even skin tone:

1. **Wear sunscreen daily.** One of the most common treatments for melasma is sun protection. Since sunlight triggers melasma, it is important to wear sunscreen every day, even on cloudy days and after swimming or sweating. Choose a sunscreen that offers broad-spectrum protection, a Sun Protection Factor (SPF) of 30 or more, and zinc oxide and/or titanium dioxide to physically limit the effects of the sun’s rays on your skin. Apply sunscreen 15 minutes before going outside and reapply at least every two hours.

2. **Wear a wide-brimmed hat and sunglasses when you’re outside.** As a recent study in the journal *Nature* illustrates, sunscreen alone may not give you the sun protection you need. Whenever possible, seek shade and wear protective clothing in addition to applying sunscreen.

3. **Choose gentle skin care products.** Choose skin care products that don’t sting or burn, as products that irritate the skin may worsen melasma.

4. **Avoid waxing.** Waxing may cause skin inflammation which can worsen melasma, so it’s important to avoid waxing areas of the body affected by the condition. Ask a dermatologist about other types of hair removal that may be right for you.

Source: [https://www.aad.org/public/diseases/a-z/melasma-self-care](https://www.aad.org/public/diseases/a-z/melasma-self-care)